

FOR IMMEDIATE RELEASE

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Marketing/Communication

## Glendale Seniors On the Move

**GLENDALÉ, Ariz.** – Seniors from three Glendale retirement homes are on the move, thanks to a city of Glendale transportation program.

The city's Transportation Department and Valley Metro have teamed up to educate and expose residents to the convenience, reliability and cost effectiveness of riding the bus.

"Bus Buddies" is a program sponsored by the city of Glendale that provides seniors the opportunity to alleviate fears and misconceptions about riding the bus.

The project includes a free workshop to seniors living in three retirement centers that provides information on how to read a bus schedule, find the nearest bus stop and introduce them to other seniors who are regular bus riders. The program also includes "field trips" where seniors ride the bus with chaperones to a pre-determined location.

**Trip Planning Classes:** 1:30 p.m., Thursday, Feb. 2 at Tanner Terrace Senior Center, 7138 N. 45<sup>th</sup> Ave.; 10 a.m., Wednesday, Feb. 15 at Vista Alegre Senior Center, 6515 W. Maryland Ave.; and 1:30 p.m., Tuesday Feb. 21 at Kachina Place, 6238 N. 63<sup>rd</sup> Ave.

**Field Trip to Cerreta Candy Co., which includes a tour and a chocolate pizza class:** 10 am Feb. 10, Feb. 17 and Feb. 24 at Cerreta Candy Co. in downtown Glendale.

For additional information on riding the bus, visit [www.valleymetro.org](http://www.valleymetro.org).

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